



THE BEST OF TIMES

AUGUST 2015

Published Monthly since 1997 by
the Upper Merion Senior Service Center
a Non-Profit 501(c)(3) Organization
Serving the Senior Community

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HOURS: MONDAY THRU FRIDAY
9:00 AM TO 3:00 PM

OUR MISSION STATEMENT

THE OBJECTIVE OF THE UPPER MERION SENIOR SERVICE CENTER SHALL BE TO IDENTIFY AND TO ASSIST IN MEETING THE NEEDS OF OLDER ADULTS IN A MULTI-USE ENVIRONMENT FOR PHYSICAL, EDUCATIONAL AND RECREATIONAL ACTIVITIES.

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"Best of Times" Editors:

Mary F. McCree and Shirley Robey

GOALS

- Increase membership.
- Work to increase funding for operational support: investigate new sources of funding in cooperation with local businesses and government agencies.
- Continue the development of innovative programming.
- Maintain our working partnership with the Upper Merion Area School District and Upper Merion Township.
- Explore the potential for new opportunities for services.
- Search for educational opportunities for members as part of our lifelong learning efforts.
- Help members remain healthy and active through participation in recreational, educational and leisure activities.

MONTHLY MESSAGE

Dear Members and Fellow Bingo Players,

On Saturday, October 10, 2015 we will be holding our **6th Big Bingo Fall Fund Raiser at UMSSC**. Doors open at 11:00 AM and the games start at 12:00 noon. There will be cash prizes for Regular Bingo, Specials and the Coverall. Food, refreshments, door prizes, 50/50 tickets and a Lottery Basket Raffle will be offered as usual.

This year we have changed the Registration Fee hoping to resolve the problem of congestion at the door for the purchase of cards for the Specials and Coveralls, dabbers, etc. We have not increased the cost of Big Bingo, just the format. Previously, regular bingo packets for \$20.00 and special packets for \$5.00 were sold separately. ***This year the new registration fee is an all inclusive \$25.00 which entitles you to 1 Packet of Regular Bingo (20 game cards) and 1 Packet of Specials (4 game cards).*** An optional Coverall Game Card can still be purchased the day of for \$3.00. Extra games of Regular Bingo cards (\$10.00), extra Special Game Cards (\$3.00) and extra Coveralls (\$1.00) can also be purchased the day of and Dabbers are available for \$1.00.

50/50 tickets and Lottery Basket Raffle tickets can be purchased prior to and the day of Big Bingo.

Early registration will be helpful in the preparation for set up of the room and also give us an idea of how much food will be needed. Tables accommodate eight people and may be reserved for groups of 8 or more. If more than 8 in your group, tables will be side by side. Your packet of game cards and tickets for the door prizes can be picked up in the lobby when you arrive the day of Big Bingo.

We hope this explains the breakdown of the new Registration Fee and hope that you and your friends come to enjoy an afternoon of Bingo, good food and prizes.

Why not come spend some time with us and remember to always say something nice about UMSSC.





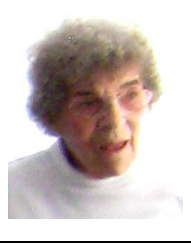






Helen Cabrey

Upper Merion Senior Service Center (UMSSC) is an equal opportunity institution that will not discriminate on the basis of race, color, religious affiliation, national origin, sex, age, marital status or disabilities in its activities, programs or employment practices

The tragedy of life is not that it ends so soon, but that we wait so long to begin it.

UMSSC - AUGUST 2015

610-265-4715

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> 	<p>3</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA</p>	<p>4</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION</p>	<p>5</p> <p>10:00 BOARD MEETING 12:00 TAI CHI (GREAT ROOM) 1:00 LINE DANCING (GREAT ROOM)</p>	<p>6</p> <p>9:30 CANASTA 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>7</p> <p>9:30 POKER 10:00 SING-A-LONG</p> <p>SUMMER HOURS CENTER CLOSES AT 12:00 PM</p>	<p>8</p> 
<p>9</p> 	<p>10</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA</p>	<p>11</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION</p>	<p>12</p> <p>12:00 TAI CHI (GREAT ROOM) 1:00 LINE DANCING (GREAT ROOM)</p>	<p>13</p> <p>9:30 CANASTA 9:30 NURSE 10:00 FINANCIAL/INVEST. DISCUSSION GROUP 10:15 BINGO 11:00 OUTREACH BRIGGS 12:30 CHAIR EXERCISE</p>	<p>14</p> <p>9:30 POKER 10:00 SING-A-LONG</p> <p>SUMMER HOURS CENTER CLOSES AT 12:00 PM</p>	<p>15</p>  <p>D</p>
<p>16</p> 	<p>17</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA</p>	<p>18</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION</p>	<p>19</p> <p>9:30 VALLEY FORGE CASINO 9:30 QUILTING 12:00 TAI CHI (GREAT ROOM) 1:00 LINE DANCING (GREAT ROOM)</p>	<p>20</p> <p>9:30 CANASTA 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>21</p> <p>9:30 POKER 10:00 SING-A-LONG</p> <p>SUMMER HOURS CENTER CLOSES AT 12:00 PM</p>	<p>22</p> 
<p>23</p> 	<p>24</p> <p>9:30 NURSE (temp date change) 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA</p>	<p>25</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION</p>	<p>26</p> <p>12:00 TAI CHI (GREAT ROOM) 1:00 LINE DANCING (GREAT ROOM)</p>	<p>27</p> <p>9:30 CANASTA 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 11:30 OUTREACH LEACH 12:30 CHAIR EXERCISE</p>	<p>28</p> <p>9:30 POKER 10:00 SING-A-LONG</p> <p>SUMMER HOURS CENTER CLOSES AT 12:00 PM</p>	<p>29</p> 
<p>30</p> 	<p>31</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA</p>					

OUR BOARD OF DIRECTORS



INSIDE THIS ISSUE

	PAGE
2015 GOALS	1
CALENDAR	2
UPCOMING EVENTS	3
ACKNOWLEDGEMENTS	4
COMMUNITY OUTREACH	4
COMMUNITY HAPPENINGS	5
IN MEMORIUM	6
NEWSWORTHY	6
KEEPING SENIORS INFORMED	6
ACTIVITIES	7
REMINDERS	BACK PAGE

UPCOMING EVENTS

FRIDAY SUMMER HOURS: THE CENTER WILL BE CLOSING AT 12:00 NOON

VALLEY FORGE CASINO WEDNESDAY, AUGUST 19. THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY: This offer does not cost anything but **to take advantage of this offer you must complete registration form available at the Senior Center or on our website at www.umssc.org. All new and renewal casino memberships or one-day passes are handled by Valley Services (not UMSSC). Cash or credit card will be accepted by Valley Services. If you have any questions you can contact Valley Services at 610-354-8118. Shuttle will depart the center at 9:30 AM and return at 2:30 PM.** For those driving, please meet in the Casino lobby between 9:30 AM and 10:00 AM. **THE RAMBLER NOW MAKES A STOP AT THE CASINO. Everyone must bring a valid photo ID.**

CHESAPEAKE PHYSICAL AND AQUATIC THERAPY TUESDAY, SEPTEMBER 15 AT 12:30 PM: Do you have trouble getting out of chairs or off the sofa at home? Do you find yourself using furniture or the wall when you walk? Do you occasionally catch your feet on the carpet or rugs? Has getting in and out of a car become more difficult? Do your legs feel more fatigued or weak? If you answered yes to any of the questions, then come to an informational session with licensed

physical therapist, Emilie Stewart, DPT, PT. She will discuss signs of balance and gait difficulties, changes to the home environment to prevent falls, exercises to improve balance, as well as, provide free balance screens at the end of the talk, so you can learn your own personal strengths and weakness! Improve your balance, strength, and peace of mind at this informational session. We look forward to seeing you there!

FLU SHOTS AT UMSSC: WAYNE RITE AID will be offering free flu shots on **Thursday, September 17** at 9:30 AM. Sign-up sheet is at the Reception Desk.

KING OF PRUSSIA ACME will be offering free flu shots on **Monday, October 5** from 11:00 AM to 1:00 PM and on **Tuesday, October 13** from 10:00 AM to 12:00 PM. Sign-up sheet is at the Reception Desk.

14th ANNUAL SENIOR FALL FLING: THURSDAY, SEPTEMBER 24. Held in the Pavilion at the Court in the King of Prussia Mall from 10:00 AM to 2:00 PM with everyone requested to arrive by 9:45 AM. A sign-up sheet is at reception desk.

This year we will be honoring four nonprofit organizations which are listed below. We are requesting everyone to bring either a monetary donation or a donation of requested goods as indicated below:

Neighborhood Meals on Wheels - Mission: Volunteers who can drive. Monetary donations: Check payable to "Neighborhood Meals on Wheels", P.O. Box 621, King of Prussia, PA 19406 -

Neighborhoodmealsonwheels.com Contact: Nancy Brown 610-265-7051 M-F 9:00 AM to 1:00 PM

Feel the Warmth - Mission: New backpacks, school supplies and "gently" used winter coats and gloves. Monetary donations: Check payable to "Feel the Warmth", 2121 West Main Street, Jeffersonville, PA 19403 Feelthewarmth.org Contact: Matt Frangiosa 610-306-6556

Upper Merion Emergency Aid - Mission: Assists families living in Upper Merion Area School District with food, clothing, furniture and financial support (utilities, medical bills, rent payments). Cash donations are accepted; also nonperishable items and paper products. Contacts: Barbara McElvogue 610-964-8529 and Marie Kauffman 610-687-0687

The Women's Club of Upper Merion - Mission: Seeking donations of non-perishable items – donations of pasta, tomato sauce, canned vegetables and fruit, soup base, chicken or beef, noodles and tuna.. Monetary Donations: Check payable to "The Women's Club of Upper Merion" and send to Myrtie Musetti, 379

Heritage Lane, King of Prussia, PA 19406. Contact:
Eileen Rodrique 610-275-9391

There will be containers for your donations at the Fall Fling and you will be able to meet representatives from the above organizations. Thank you for your generosity.

AARP DRIVERS COURSE (8-HOUR). MONDAY & TUESDAY, SEPT. 28 & 29 FROM 9:30 AM TO 1:30 PM. Course Instructor, Richard Fida. Cost: \$15.00 AARP Members \$20.00 non-AARP Members. Payment due day of course. ***Sign up at our Reception Desk.***

UNWHINE & PAINT PARTY IN SEPTEMBER: The party will be held on Wednesday, September 30 at 1:00 pm. UMSSC is looking to host this step-by-step art lesson. A sign-up sheet is at the reception desk. Cost will be \$20.00 and includes paints, brushes, canvases and refreshments. Everyone gets to take their masterpiece home. Instructor Sanford Molinaro brings the love of art to those who feel they have no artistic ability or want to explore their artistic talents. San has a BFA in Fine Art, Renaissance Art, drawing and painting from the Instituto per l'Arte e Restauro in Florence Italy.

PRESENTATION ON MEDICARE OPEN ENROLLMENT THURSDAY, OCTOBER 8 AT 1:00 PM: Open enrollment begins on October 15 and ends on December 7, 2015. Barbara Pollack, a state-trained Medicare (volunteer) counselor, will be making a presentation at the Upper Merion Senior Services Center. If you have Medicare questions, please submit them to the office by October 22. If you are planning on attending, please let the office know so we can make adequate copies of materials. Our phone number is 610-265-4715. Mrs. Pollack will also be able to set up individual appointments with those who need additional help. ***Please sign up at the Reception Desk.***

HUNTERDON HILLS PLAYHOUSE PRESENTS "SOCIAL SECURITY". TUESDAY, OCTOBER 6 (BUS DEPARTS CENTER PROMPTLY AT 9:00 AM): COST: UMSSC members \$67.00 Non-members \$72.00 – includes transportation, lunch and show. Minimum of 30 people required. Tickets on sale now. Sign-up and pay at reception desk.

UMSSC 6TH BIG BINGO FALL FUND RAISER SATURDAY, OCTOBER 10: Cash Prizes, Lottery Basket Raffle, 50/50 Tickets and Door Prizes. Doors open at 11:00 AM – Games start at 12:00 PM. **Tickets on sale now \$25.00.** Refreshments for sale.

VETERAN'S BENEFITS: We are planning to invite the Montgomery County Department of Veterans Affairs to come to the Center to be available to members. Counselors from the agency can provide information and answer questions about benefits, eligibility and application procedures. Counselors would also set up individual appointments for one-on-one consultation. ***If you would be interested in this program, please sign up at the Reception Desk.***

ACKNOWLEDGEMENTS

MEMBER DONATIONS TO UMSSC

Upper Merion Senior Service Center is a member of the *United Way Donor Program*. Anyone wishing to make a donation to the UMSSC can designate UMSSC as the recipient of their donation. (Reference UMSSC ID #45796, UW Agency #8229767.)

Please consider a tax-deductible donation to the Upper Merion Senior Service Center. As a non-profit organization 501(c)(3) we rely upon outside donations and gifts to help finance some of our programs, activities and services to our members. Does your company offer matching funds?

Thank you to the following members who have generously made donations to the Center:

- ★ Janet Sheehan in memory of *Louise Bailey, Mary Damianov, Lu Eadeh, Joseph Morio, Jack Moser, Helen Robey, Robert Roosa, and Dolores Weiss.*
- ★ Don & Mary McCree in memory of *Joseph Morio and Larry Van Metre*
- ★ Ruth Shand in memory of *Mary Damianov, Lu Eadeh, Jack Moser and Dolores Weiss*

GRACIAS! THANKS! DANKE! MERCI!

★ ***Thank you Tony from Angelo's Pizza*** – for the foot long Birthday Hoagie he donates to the center every month. ★ ***LeBus Bread*** – who donates delicious baked bread every month for the Member Bread Raffle and to ★ ***Sun Joe*** - who generously donates the baked goods we put out for snacks. We also thank ★ ***Sicilian Delight*** for their great discounts on pizza for Friday Flicks! ★ ***Brian Neuffer*** made a very generous donation of Entenmann's baked goodies. ★ ***Costco*** for their generous donation of a monthly gift card for our birthday cake purchases.

COMMUNITY OUTREACH

SHOEBOX RECYCLING

We are continuing our Shoebox Recycling program in partnership with Community Recycling to collect *gently used, suitable for re-use* shoes for men, women or children around the globe. This program has other

benefits as well. Every box we fill *will raise funds for the center.* **Please be sure shoes are clean and in good condition. PLEASE DO NOT DONATE boots, flip-flops, slippers, plastic shoes, crocs, etc.**

KNITTERS WANTED

As you may or may not know, our knitting group **donates knitted caps to St. Christopher's Hospital for Children.** The hats are for the preemie babies to keep their tiny bodies warm. We are in need of some additional volunteers to help knit the hats. If you can knit and would like to help out, please stop in the office and give your name. You can join the group here at the Center on Tuesday's at 1:00 PM or you can take the yarn and do your knitting at home. Copies of the pattern can be picked up from the staff office.

UPPER MERION EMERGENCY AID

More families are in need than ever before. Our donation box is outside of the lounge. More food is needed during the summer for our families and children who are not in school. They are grateful for all donations. ***The Upper Merion Emergency Fund has specifically requested food donations of Boxed Macaroni and Cheese, Spaghetti Sauce & Pasta, Peanut Butter & Jelly, Chicken Broth, Canned Pasta (Chef Boyardee) and Tuna. Individually packaged or snack sized pudding, Jello, canned fruit, applesauce, Rice Krispie Treats and other assorted healthy snacks. Cereal and laundry detergents are appreciated.***

ST. JOHN'S SOUP KITCHEN

At the St. John's Soup Kitchen in Norristown the ***King of Prussia Women's Club*** prepares meals for those in need on the 5th Thursday of the month. ***The Soup Kitchen feeds over 100 people on any one day!***

PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

Book donations to the Bridgeport Elementary School children (grades K-4th) are still being collected. ***Our book donations are a big hit with the kids because they get to keep the books they pick. Let's keep it going!*** Collection box is on the table under the bulletin board. ***When donating books please be sure that they are in good condition.***

PROJECT LINUS – ONGOING

The "Hearts and Hands" ladies group at Good Shepherd's Church are still collecting knitted and crocheted squares for blankets. The purpose of Project Linus is to provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of

new, handmade blankets and afghans, lovingly created by volunteer "blanketeers." Joan Banas has been collecting the squares on behalf of the church and will continue to do so as long as they are being made. Our participating members have done a great job for a very good cause.

COMMUNITY HAPPENINGS

UM FARMERS MARKET

The Farmers' Market is open every Saturday from 9:00 AM to 1:00 PM.

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY

Summer Reading for Seniors: Summer reading program for Seniors continues. Register, read and review to win exciting prizes. A bin with the registration form will be placed at the Senior Center for our seniors to enter the summer reading program.

Café Style Wifi Access at the Library: We are excited to let you know that the library now has a café style wifi access. Patrons will be able to access free internet from their mobile devices without the need for a guest pass or their library card number. All they will have to do is to connect to our wifi network "LIBRARY" and click the "agree to the terms and conditions" box.

Interview Basics: Need help with interview techniques and job search? Les Segarnick will be discussing about interview techniques and job search as seen through the eyes of a recruiter on Tuesday, August 4 at 6:00 pm in Valley Forge Room. Must Register.

Patron Presents by Gina Gormley: Join us on Wednesday, August 5 at 7 pm in Valley Forge room. Our patron, Gina will talk about EATING CLEAN. Information will be shared about eating clean for optimal health. Learn about food advocates and how the food industry is changing so you can make informed choices at the grocery store. Tips on organic products and how to shop clean. Resources and recipes (books and DVDs) will be shared. Registration Required. Healthy refreshments will be served.

Historical Challenges: Monday, August 10 at 7 pm in Freedom Hall. Reverend Ronald will talk about the historical challenges we are facing in this modern world. All are welcome.

Drum Away the Blues: Monday, August 17 at 2 pm in freedom hall. Performance by Crag Harris. All are welcome. Refreshments will be served.

Knit Nite: Monday, August 24, 2015 at 7 pm. Fourth Monday of the Month. For all ages - from veterans to wanna-be knitters. If you don't know how to knit and want to learn, our more experienced knitters are

always eager pass on their skills, and some advanced knitters are usually available to help with patterns and designs.

Tech Night: Monday, August 31, 2015 at 7 pm in Henderson Room. Own an ipad or an iphone but have trouble using it? Planning on buying, but the latest technology troubling you? Need help with downloading e-books? Our youth volunteers are here to help you. You can register via our online calendar, or by calling 610-265-4805 or stopping by the library. Registration Required

IN MEMORIAM

Joseph Morio & Larry Van Metre

NEWSWORTHY

THE FRENCH CONNECTION

In July a group of high school students visiting from France volunteered to help us clean up the gardens at UMSSC. And we needed help. Seven students, and thankfully their interpreter, put in a three hour stint and did a marvelous job. Garden Club members Paul Buce and Ethel Hutchinson worked with the group showing them what needed to be done. We enjoyed being with them and learned something from them, unfortunately not to speak French, but that they considered a day of low humidity and 81 degrees to be too hot. They just were not used to it, but they seemed to enjoy themselves and were wonderful company. We thank the students and their teacher Nicole Miller for helping us out.



ANOTHER SUCCESSFUL OLD-FASHIONED PICNIC

Thank you to everyone for their participation at our always fun and very successful 7th Annual Old-Fashioned Picnic. Co-chairs for the picnic were Ethel Hutchinson and Paul Buce and they did such a great job putting it all together!

A great big thank you to all of our volunteers who donated food, helped to set up and clean up and oversaw the games and score-keeping.

As you will see from the photos following it was a great day to be at UMSSC!



MEMBERSHIP FEES

UMSSC membership fees remain at \$15.00 and are separate from the Community Center membership fees.



JANE CALLAGHAN SAYS GOODBYE TO SENIOR CENTER

Retiring UMASD Superintendent, Jane Callaghan stopped by the senior center to say good by. Jane has done so much for the senior center and we will miss her. We wish Jane all the best and hope she enjoys her retirement!

KEEPING SENIORS INFORMED IS THERE A RELATIONSHIP BETWEEN ACTIVITY AND AGING?

When we think of aging, there are at least three aspects to consider. The chronological age is one. It is not something we can change because it is the actual number of years we have lived (and we know those years just keep on going and going.)

The physiologic aspect is how the body is responding to the aging process and is very related to how the body is used and treated. We need to have enough exercise

and activity to maintain muscle strength for our daily activities.

The psychological aspect of aging is our mental outlook which plays an integral role in our lives. Do we have a positive outlook or a negative outlook on our lives as we are aging? Having a positive outlook can be an encouraging factor for having a healthy body. If we accept the fact that daily exercise and activity will aid in keeping us in a healthy status and we do all we can to try to do that, it can help us enjoy our golden years.

The benefits of activity and exercise are endless. We should select physical activities that we will enjoy repeatedly. Enjoyment can be helpful in keeping us motivated. Think of exercise/activity as something to be scheduled on a weekly calendar. This will be a reminder of just how important it is to all of us.

(Contributed by Jane Burger)

HEALTH BENEFITS OF VOLUNTEERING

Studies have proven the mental and physical health benefits of volunteering for older Americans, including levels of well being, lower rates of depression, and stress reduction.

Perhaps, the biggest benefit of volunteering is the satisfaction of making a difference in the community. The intangible benefits alone—such as pride, satisfaction, and accomplishment—are reason enough to volunteer, but studies have shown that older Americans who volunteer frequently live longer and report less disability, and there is study evidence to prove it. That's good to know, isn't it? We all want to be healthy and happy. Volunteering is a beneficial method to stay that way! Volunteerism offers many other rewards, too.

One study of Americans over age 60 showed that those who volunteer reported higher levels of well-being relative to non-volunteers. It appears from initial evidence that the health benefits of volunteering are due to the increased physical, social, and mental activity resulting from being a volunteer.

Volunteering also helps with grief. Bereaved individuals volunteering in activities that assisted others experienced a shorter course of depression.

Volunteerism provides a sense of purpose that can help with issues about no longer working. Other studies have shown that volunteers experience increased brain activity and preservation of cognitive function.

Volunteers show lower rates of depression as well. In a study by Carnegie Mellon University, adults over 50 volunteering regularly were less likely to develop high

blood pressure than those who didn't volunteer. Of course, high blood pressure can contribute to heart disease, stroke, and premature death. Many people find volunteerism helps with stress reduction. In fact, comparisons of the health benefits of volunteering for different age groups have shown older volunteers are likely to receive greater benefits.

When you share your time and talents, you improve lives, connect with others and transform your own life. Combine these worthwhile reasons to volunteer with the physical and mental health benefits, and you have a no-lose situation, or maybe that would be better said as a win-win situation.

UMSSC is always in need of volunteers to help out with activities or special events. So *why not consider getting more involved here at the senior center and reap the health benefits by volunteering.*

(from Senior Citizens Bureau.com March, 2015)

ACTIVITIES

APPRISE COUNSELOR: Assistance with insurance and Medicare concerns. Call 610.265.4715 and give your name and telephone. The APPRISE counselor will contact you directly to set up an appointment.

BAND PRACTICE & INSTRUCTION: Tuesdays from 12:45 to 2:45 PM. The Upper Merion Senior Service Center Band practices under the direction of professional musician, Ed Hickman. The band has an open invitation to anyone age 55 or over who is interested in playing with a group. Stop in any Tuesday afternoon to hear us practice, check us out, or join the band.

BINGO: Thursdays at 10:15 AM. Cash prizes!

BOARD GAMES: Available any day or time. Various board games available to play in the kitchen.

BOOK TALK: Monday, August 17 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month's book: **"Me Before You"** by Jojo Moyes. Lou Clark knows lots of things. She knows how many footsteps there are between the bus stop and home. She knows she likes working in The Buttered Bun tea shop and she knows she might not love her boyfriend Patrick. What Lou doesn't know is she's about to lose her job or that knowing what's coming is what keeps her sane. Will Traynor knows his motorcycle accident took away his desire to live. He knows everything feels very small and rather joyless now and he knows exactly how he's going to put a stop to that. What Will doesn't know is that Lou is about to burst into his world in a riot of

colour. And neither of them knows they're going to change the other for all time.

BRIDGE CLUB: Tuesdays at 9:30 AM. All bridge players welcome!

CANASTA: Thursday's at 9:30 AM in the Great Room. Beginners and experienced players welcome. Coordinator: Lynn Boroch.

CHAIR EXERCISE: Tuesdays at 11:30 AM to 12:15 PM and Thursdays from 12:30 PM to 1:15 PM. \$3.00 per class.

COMPUTER CLUB: Tuesdays 9:30 AM to 11:30 AM. Coordinators: Herman Natanblut and Howard Lurie. Meetings are open to all *members*, all ability levels. The Computer Club will be glad to answer any technical questions members have.

CURRENT EVENTS DISCUSSION GROUP: Mondays at 10:30 AM in the Lounge. Coordinators: Joan Shaw and Paul Buce. The news cycle is certainly not taking a summer break this year. News is just jumping off the page/screen, and we all need time to digest it. Stop by on Monday mornings, 10:30 - noon, to hear other folks' perspective and air your own.

FINANCIAL/INVESTMENT DISCUSSION GROUP: Thursdays at 10:00 AM in the Computer Room. Coordinator: Dick McCann. All levels of experience in making the best choices for your investments are welcome.

FRIDAY FLICKS: The next Friday Flicks will be in September 11 and we are showing "McFarland USA starring Kevin Costner. Happy Summer! (Pizza at 11:15 AM, Movie at 12:00 PM)
Coordinator: Don McCree. Pizza: \$3.00. Movie: *Free*.

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. The club will not meet in August, as it really does get too hot.

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the **2nd Wednesday of the month at 10:00 AM. NO MEETINGS IN AUGUST. Next meeting will be on September 9.**

KNITTING & CROCHETING: Tuesdays at 1:00 PM. Coordinator: Patricia Ackah. Instruction provided. **Hand-made items are for sale and all proceeds benefit the Center.**

LIBRARY: Open Monday through Friday from 9:00 AM to 3:00 PM. Library Volunteer: Nancy

Kime. An excellent selection of large print books, tapes and videos are available to borrow. ***Don't forget to check out the "roving book cart" featuring a special selection on loan from the Upper Merion Township Library.***

LINE DANCING: Every Wednesday at 1:00 PM in the Great Room for the month of August.
Coordinator: Aracelia Panzano.

MAH-JONGG: Mondays at 9:30 AM. Coordinator: Lynne Boroch. All level players are welcome, even beginners! Come in and learn to play this very popular game.

NURSE & ASK-A-NURSE: Every 2nd and 4th Thursday of each month from 9:30 AM to 12:15 PM. **IMPORTANT NOTE:** *This month only she will be here on Monday, August 24 instead of Thursday, August 27.* Have your blood pressure checked by our favorite Nurse Lori Gnacek from Bryn Mawr Hospital/Main Line Health. Main Line Health **"Ask a Nurse"** will be offering a selection of free general medical equipment. Fill out an application and meet with the nurse who will order the items for you.

OUTREACH: *Representative Tim Briggs' aide is here the second Thursday of the month (11:00 AM to 2:00 PM) and Senator Daylin Leach's aide is here the last Thursday of the month (11:30 AM to 1:00 PM).*

PINOCHLE LADIES AND GENTS: Tuesday's at 12:30 AM in the Game Room. *They would welcome more players.*

POKER: Tuesday's and Friday's at 9:30 AM in the kitchen. July & August until 12:00 on Friday's.

QUILTING: Fourth Wednesday at 9:30 AM.
Instructor: Ethel Hutchinson. All levels welcome!

SING-A-LONG: Fridays at 10:00 to 11:30 AM.
Coordinators: Theresa M. Smith and Dot Morio;
Pianist: Ed Wenger. Come in and enjoy singing some old favorites together. **Members meet for lunch at Michael's Deli following the program.**

TAI CHI: Wednesdays at 12:00-12:45 PM in the Great Room for the month of August. Cost: \$3.00 per class.

YOGA: Monday's at 1:30 PM. *Video Instruction good for beginners, intermediate or advanced.*

ZUMBA GOLD: No sessions scheduled over the summer.

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REMINDERS for AUGUST 2015

THE CENTER WILL CLOSE AT 12:00 PM ON FRIDAY'S IN AUGUST

- * WEDNESDAY, AUGUST 19: VALLEY FORGE CASINO AT 9:30 AM. *THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY.*
- * MONDAY, AUGUST 17 AT 1:00 PM: BOOK TALK: "ME BEFORE YOU" BY JOJO MOYES.
- * FRIDAY FLICKS: SEPTEMBER 11. "MCFARLAND USA" STARRING KEVIN COSTNER. (PIZZA AT 11:15 AM, MOVIE AT 12:00 PM) PIZZA: \$3.00. MOVIE: FREE.
- * FLU SHOTS AT UMSSC: WAYNE RITE AID WILL BE OFFERING FREE FLU SHOTS ON THURSDAY, SEPTEMBER 17 AT 9:30 AM. SIGN-UP SHEET IS AT THE RECEPTION DESK. * KING OF PRUSSIA ACME WILL BE OFFERING FREE FLU SHOTS ON MONDAY, OCTOBER 5 FROM 11:00 AM TO 1:00 PM AND ON TUESDAY, OCTOBER 13 FROM 10:00 AM TO 12:00 PM. SIGN-UP SHEET IS AT THE RECEPTION DESK. * MAIN LINE HEALTH WILL BE OFFERING FREE FLU SHOTS ON MONDAY, NOV. 2 FROM 9:30 AM TO 11:30 AM
- * 14TH ANNUAL SENIOR FALL FLING: THURSDAY, SEPTEMBER 24. HELD IN THE PAVILION AT THE COURT IN THE KING OF PRUSSIA MALL FROM 10:00 AM TO 2:00 PM WITH EVERYONE REQUESTED TO ARRIVE BY 9:45 AM. *A SIGN-UP SHEET IS AT THE RECEPTION DESK.*
- * AARP DRIVERS COURSE (8-HOUR). MONDAY & TUESDAY, SEPT. 28 & 29 FROM 9:30 AM TO 1:30 PM.
- * UNWHINE & PAINT PARTY: THE PARTY WILL BE HELD ON WEDNESDAY, SEPTEMBER 30 AT 1:00 PM. \$20.00 FOR INSTRUCTION AND SUPPLIES. *SIGN UP AT RECEPTION DESK*
- * PRESENTATION ON MEDICARE OPEN ENROLLMENT THURSDAY, OCTOBER 8 AT 1:00 PM
- * HUNTERDON HILLS PLAYHOUSE PRESENTS "SOCIAL SECURITY". TUESDAY, OCTOBER 6 (BUS DEPARTS CENTER PROMPTLY AT 9:00 AM): COST: UMSSC MEMBERS \$67.00 NON-MEMBERS \$72.00 – INCLUDES TRANSPORTATION, LUNCH AND SHOW. MINIMUM OF 30 PEOPLE REQUIRED. TICKETS ON SALE NOW. SIGN-UP AND PAY AT RECEPTION DESK.
- * UMSSC 6TH BIG BINGO FALL FUND RAISER: SATURDAY, OCTOBER 10 AT 11:00 AM. TICKETS ON SALE NOW \$25.00. REFRESHMENTS FOR SALE. CASH PRIZES, LOTTERY BASKET RAFFLE, 50/50 TICKETS AND DOOR PRIZES.
- * VETERAN'S BENEFITS: MONTGOMERY COUNTY DEPARTMENT OF VETERANS AFFAIRS TO COME TO THE CENTER TO BE AVAILABLE TO MEMBERS. IF INTERESTED PLEASE SIGN UP AT THE RECEPTION DESK.

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Note:
Information submitted following JULY 1 will be posted on the UMSSC Bulletin Boards and listed on UMGA-TV (Comcast Channel 22 or Verizon FiOS Channel 33)
Visit the Center's web site at:
www.umssc.org

NOTE:
THE UMSSC IS CLOSED WHEN THE UM AREA SCHOOL DISTRICT CLOSES OR HAS LATE OPENING DUE TO INCLEMENT WEATHER

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OR CALL KYW-1060 RADIO (215-925-1060) FOLLOW INSTRUCTIONS AND ENTER UMASD SCHOOL CLOSING NUMBER "307"